

Keeping Baby Healthy:

Vomiting in babies younger than 12 months old

Signs to Watch for:

- Large amounts of stomach contents thrown up through the mouth or nose.
- Baby throws up most or all of a feeding more than two times in a row.
- Baby does not want to eat.
- Baby has a fever.
- Baby has diarrhea.
- Baby has fewer wet diapers.

What to Know:

- Spitting up and vomiting are NOT the same.
- Some babies spit up more than others.
- It is normal to spit up some.
- Babies may spit up if they are fed too much.
- Babies may spit up if formula is spoiled or not mixed right.
- Losing too much water and fluids from the body by vomiting can cause dehydration.
This can make your baby very sick!

Babies may vomit because of:

- Viruses
- Bacteria
- Food that has gone bad
- Poison
- Swallowing mucus from a cold

Careful hand washing can prevent the spread of germs and viruses.

If your baby eats a poison, call the Poison Control Center right away at 1-800-922-1117!

What to Do if Your baby Vomits:

Check the vomit for:

- Blood
- Mucus
- Pills
- Pieces of plants
- Smell of chemicals

If you find any of these, call your baby's health care provider. Ask him or her what to do for your baby. Phone Number _____.

Wash your hands and your baby's hands after cleaning up anything that has been touched by your baby's vomit.

Ask your baby's health care provider what you can give your baby to eat or drink.

Your baby's doctor or nurse may talk to you about giving your baby Oral Rehydration Therapy. Things like Ricelyte, and Oralyte, are examples.

Check your baby's diapers. Is your baby wetting as much as usual? If not, notify your baby's health care provider.

Prop baby's head up to prevent inhaling vomit into the lungs.

Do NOT give your baby any of the following unless your baby's health care provider has told you it is okay:

- Sweets
- Honey
- Ice cream
- Salty soups
- Milk products
- Gelatin desserts (such as Jello®)
- Fruit juice (apple, orange, grape)
- Crackers

Do not give your baby aspirin!

Do not give your baby medicine to make him or her stop vomiting, unless the doctor or nurse tells you to.

>>> continued on back.



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continued...

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Call Your Baby's Health Care Provider if:

- Baby vomits after a fall or hit on the head.
- Baby vomits after being shaken. (Never shake a baby!)
- Baby is less than 3 months old and vomiting.
- Baby vomits with great force.
- Baby has a fever of 101° Fahrenheit under his or her arm (and is 3 months or older).
- Baby has been sick with a virus.
- Baby also has diarrhea.
- Baby does not wet his or her diapers five times in 24 hours
- Baby does not wet his or her diapers at least once in 4 hours.
- Baby's mouth is sticky and dry.
- Baby has few or no tears when crying.
- Baby's soft spot on head is sunken.
- Baby acts very sleepy or fussy.
- Baby vomits after all feedings during a six-hour time period.
- There is blood, mucus, or bile in baby's vomit.
- Vomiting continues beyond 24 hours.